

# East Hampton Senior Center

105 Main Street-East Hampton, CT 06424

Phone: 860-267-4426 Fax: 860-267-7682

Hours of Operation: Monday-Thursday: 8:30am-4:00pm

Friday :9:00am-4:00pm

Website: [www.easthamptonct.org](http://www.easthamptonct.org)

Email: [seniorcenter@easthamptonct.org](mailto:seniorcenter@easthamptonct.org)

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## Belton Senior News

TOWN OF EAST HAMPTON

### Senior Center Meeting

The Senior Center meeting is a gathering of Adults over 60 once a month. **Special Program, What to do in an Emergency!** The next meeting will be on **Monday, June 2nd, at 1pm**. Please plan to attend.

Note of Cheer: *We have had several folks this spring a bit under the weather; due to surgeries, falls, and other concerns. We hope you are doing better and will be able to come back to the Senior Center soon.*

We do have a list of individuals to send cards. We have a volunteer who sends a caring note to those we know of, you are welcome to send a card and/or let us know of someone in need of a cheer note..

**Flag Day  
Saturday,  
June  
14, 2014**



**Happy Birthday!** June babies! If you were born in May let us know! We'll send you an invite to our Birthday Party. You will be our guest to lunch and enjoy cake and ice cream after. Have a friend you want to celebrate with you? No problem, just sign up with Ann in the kitchen and donate \$2.00 the day of the event!

**Monday,  
June 30th at  
12:00p.m.**



### **Cindy's Dance Recital to benefit the Food Bank.**

**Please come! Enjoy an  
Intergenerational Per-  
formance on Sunday,  
June 1st at 3pm. At  
the East Hampton Sen-  
ior Center.**

**Volunteers welcome to  
Bake. Sign up sheet on  
the Reception Desk!**

**Admission: \$5.00. All  
Proceeds go the the  
East Hampton Food/  
Fuel Bank.**

**The Commission On Ag-  
ing** meets the 2nd Thurs-  
day of the month, June  
12th at 3:00pm All are  
invited to attend. The  
Commission wants your  
input. Please plan to at-  
tend. If you need transpor-  
tation to this meeting  
please call the Senior  
Center for a ride.

### TRAVEL

#### COACH TRIPS:

*Senior Bus Trip:*

**GOODSPEED Musicals**  
: **Fiddler On the Roof** + lunch at  
the Gelston House Thursday,  
August 28, 2014 11:30 am  
Lunch and Show At 2pm.  
\$76.00 pp. Payment due at  
sign-up!

**Ocean City Dunes Manor-**  
**Oceanfront rooms September**  
**15-18th, 2014** Deluxe motor  
coach, 3 nights oceanfront ho-  
tel, 3 breakfasts, 3 dinners,  
sightseeing & admissions Cost:  
\$515pptwin/triple. \$200.00De-  
posit due by June 16th  
Final Payment due July 21st.

**Christmas in the Amish**  
**Country 'Moses' Nov. 11-13,**  
**2014** Lancaster, Pa. sight and  
Sound Theatre & American  
Music Theatre Brochure at the  
Sr. Ctr. Cost: \$427pptwin De-  
posit of \$150.00 by Aug. 11,  
2014. final Payment due: 9/15.

**GOODSPEED Musicals : Mon-**  
**day, November 24, Irving Ber-**  
**lins, Holiday Inn. Lunch @**  
**Gelston House**  
**@11:30am, Show at 2pm.**  
**\$76.00 due at sign-up.**



**The Travel Committee** will meet  
Wednesday, June 25th at 1pm.  
The committee welcomes new  
members. Discuss 2015 trip  
/travel options.



### Build a Bear for people in Need!

#### Sojourn Bears on Wednesday mornings 10am

Sojourn Bears are for adult patients getting their first chemo treatment. We make smaller bears for children and others, too! Join the fun!

### MUFFINS FOR THE MIND

WEDNESDAY, JUNE 4TH

11:00 AM

(Time to Exercise and Feed YOUR BRAIN)

### Exercise with Cindy!

Cindy is available every Tuesday and Thursday at 10 AM. The instructor cost is \$20.00 per month or \$3.00 per class

### Movie Day:

Monday June 23rd @ 1:00



### Square Dancing

Will meet every Friday at 10am. Please sign up at the front desk. \$3.00 per session, please pay the caller the day of the session.

### Blood Pressure

Clinic held the first Monday 10:45 to 12 noon. 6/2/14 +6/16/14. No appointment necessary. Sponsored by Middlesex Hospital and Homecare.

### Open Art Studio:

Wednesdays

10:00am to 2:00pm.

If you are interested in joining this group contact Dawn Tyler on Wednesday.



### BINGO!!!

Bingo Tuesdays at 1:00 PM. We offer a wide variety of games

### The Belltones

Will be vacationing thru the summer months but come September they will be back on Wednesdays at 12:30. If you have music in your heart, you **qualify** to sing or play chimes. New members welcome!



### Book Club

11:00am Tuesday, June 10th  
East Hampton Senior Center.  
New members welcome!

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Genealogy Club: June 24th, this is the Real Date! I promise!

### SNAP Supplemental Nutrition Assistance Program

Putting Healthy Food within Reach; Need a little extra help to buy food each month? Not sure if you qualify for SNAP/Food Stamps Assistance? Get your questions answered on the 2nd Thursday of the month, June 12 1pm-4pm. No appointment required.



**Counseling Services** at the East Hampton Senior Center, Women's SUPPORT GROUP will meet on Wednesdays @ 11am

Contact Jo Ann 860-267-4426 for more information.

This service is offered in collaboration w/ East Hampton Youth & Family Services.

**Dial-A-Ride:** transportation is provided to the Town by Middletown Area Transit. If you no longer drive but want to "get places" pick up an application at the Senior Center.

Dial-A-Ride is available from 6:00-6:00pm Monday thru Friday & Saturday 8am- 5pm. Closed Sunday.

There is a \$2.00 charge for a one way trip (\$4.00 per round trip).

For more information call the senior center or Dial-A-Ride @ MAT 860-347-3313.

*Adopt-A-Senior Rider program is available to income eligible residents. This program is sponsored by the East Hampton Village Lions Club. They provide bus tickets at no cost to those eligible. See Jo Ann at the Center for more info.*



**REFLEXOLOGY** certified Reflexologist Suzette Christainsen Relaxation via hand and foot therapy. By appointment only. \$10.00 per 15 minute session Pay day of session. Friday, June 27th.

Join a Special Patriotic Tribute on *Wednesday, July 18th@ 1pm. Entertainer, Bob Lupi will return to wow us again! Join us for an interactive afternoon of fun and singing. Help celebrate Flag Day and the upcoming fourth of July! Please sign up, to reserve your seat!*



Wednesday, July 16th **AARP Safe Driving** program 9am-1pm . \$15.00 AARP member \$20.00 non-member. Checks only payable to AARP due at time of registration.

**Need help with Medicare?** The East Hampton Senior Center has Choices volunteers trained to give assistance with this process. Call for an appointment. Appointments are scheduled on Monday and Wednesdays, 9:30 to 11:30am. Call the Center to make an appointment. Did you know the Medicare Savings Programs can save you the cost of your Medicare premium each month? Generally if your **monthly income** is at or below these levels, you may qualify for: **QMB (Qualified Medicare Beneficiary)** \$2053.00 Single/\$2766.21 Couple.

**SLMB (Specified Low-Income Medicare Beneficiary)** \$2247.63 Single/\$3028.41 Couple.

**ALMB (Additional Low-Income Medicare Beneficiary)** \$2393.58 Single/\$3225.06 Couple.

For more information call the senior center for an appointment @ 860-267-4426 or on-line @

[www.ct.gov/dss/medicaresavingsprogram](http://www.ct.gov/dss/medicaresavingsprogram).

**Day trips:** Thursday, June 5th Windham Tech Uncommon Kitchen, Culinary Lunch \$10.00+ Transportation Cromwell Shopping+ lunch Friday, June 6th 10-2pm, Let's Shake it up! Shop and drop in for lunch at the Club 99 in Cromwell!

**WEDNESDAY, June 11th Damn Yankees @ Goodspeed.** \$59.00 +transportation donation

**Tuesday, June 17th Mystery Trip** and lunch @ East Side.

**Sunday, June 22nd Dixie Land Jazz Band** Leave at 1:00pm **US Coast Guard Concert (3pm)** New London Water-front Park. Bring your own chairs & snacks

**Wednesday, June 25 The Rock Cats Game in New Britain.** Lv. East Hampton @10:45 Cost: \$7.00, Food extra.

**July 25th 2014, Hartford Symphony Ella Fitzgerald & Louis Armstrong Tribute...** Hartford Symphony 6:15pm \$21.00 Bring your own chairs.

April 1, 2014

### Renter's Rebate of Elderly Renter's and Totally Disabled Persons

It is time to apply for the Elderly Renters and Totally Disabled Persons tax relief under the "Renter's Rebate" program. The Elderly portion of this program is only for taxpayers 65 and older.

In order that we may process your application, you will need to provide the Assessor's office with the following documents:

- 2013 copies of Rent Checks or Rental Statement.
- 2013 copies of Utility checks or Utility Statement (Electric, Gas, Water and Fuel)
- 2013 copy of Social Security Benefit Statement (form SSA 1099) or

2013 IRS tax return (if you filed) or

Copies of your bank account interest (1099), IRA distribution, pension statements, wage forms and any and all other income related documents from the year 2013.

If you made withdrawals from and/or received payments from annuities, those must be counted as well.

**Fifth Grade POETRY READING, Thursday, June 12 12:00-1:00pm** Join us for lunch...listen to the students read their homespun poetry...Fun! Creative! Enjoyable!! Sign up now to reserve your lunch.!

